

hello March!

We can't believe it's March already! Why does it seem that every year is passing quicker?

Although we are still having some lovely weather, you may have noticed that the morning and evenings are a bit darker earlier.

Take 5 minutes to put your feet up and have a read of our newsletter. We always welcome feedback so let us know if there is something else you would like to see.

STAFFING

We welcomed Cherill to the Preschool team and farewellled Abby on her maternity leave. The children have already taken Cherill under their wing and shown her the ropes!

We will let you know when we have news from Abby.

**** NO PEANUTS PLEASE ****

We are a completely peanut free centre.

This means no peanuts, no peanut butter sandwiches and no bars with peanuts on.

Nutella is fine.

This is due to a few children with an allergy to peanuts, so please be considerate.

PARENT SURVEY

Charlotte Butler recently sent out a parent survey. If you haven't already completed the parent survey the link is below. We would like to get as many responses as possible. Thank you to those that have already completed it.

<https://forms.gle/zv2qmveDXczD1woz5>

SNEAKY SUGARS

Did you know on average, New Zealand adults consume between 21-23 teaspoons of sugar a day!



The World Health Organisation (WHO) recommends that adults consume no more than 6-9 teaspoons of (added) sugars a day and children no more than 3.

An 'Almond Muesli bar' that I had yesterday for my morning tea contains nearly 2.5 teaspoons of sugar and the muesli I had for breakfast a couple of hours before that - nearly 5! There goes over 7 teaspoons of added sugar all before 11am!

A teaspoon of sugar is just over 4 grams. Check out the 'per serve'; column on the labels of the food in your pantry. If you are serving or eating the recommended serving size (and mostly we eat more) divide the number shown under 'sugars' by 4 and that's the number of teaspoons of sugar in that food. (Visualise that - it will make you feel sick).

Check out these common lunch box foods that we feed our children to give you an idea of how sneaky sugar is! (some of these foods are in my own pantry and are favourites of my own daughters):

- Nutri-grain breakfast cereal - 10.7g per serving = 2.5 teaspoons of sugar
- Oat sachets, creamy honey - 8.1g = 2 teaspoons
- Milkies Muffin bars - 3.9g - 1 teaspoon in each little bar
- A snack box of sultanas - more than 7 teaspoons!! (same as a similar size pack of Jellybeans!)
- A tin of baked beans - 4.5 teaspoons of added sugar
- Average bottle of apple juice - 9 teaspoons!
- Strawberry Jam - 6.6g per serving - nearly 2 teaspoons in a sandwich (my daughter's favourite!)

Considering the recommended sugar intake for children is no more than 3 teaspoons of added sugar a day - this is alarming stuff.

Cutting back on our sugar intake can help us maintain a healthy weight, avoid tooth decay, heart disease and other health problems.

If you would like more information on how to read food labels or ideas on how to reduce your sugar intake - come talk to me. :)

By Kaiako Mel

CHRISTMAS 2020 CLOSURE

We have already been asked about our **Christmas 2020** closedown period so here it is:

We will be closing on Thursday 24th December at 3pm and we will be re-opening on Monday 11th January 2021 – hope this helps with your holiday planning. ☺

SHEFFIELD SHOW 2020

Saturday 28th March is show day in Sheffield! Come along and have lots of fun with the family.

We will as always have the preschool tent there for nappy changing, feeding and sunscreen, as well as some fun activities for the children to do.

We need a few helpers on our preschool tent again so if you are available for just an hour please put your name on the sheet in the foyer, thanks. You can do this either do this by yourself or with someone else. Put your name on the sheet in the foyer.

PLEASE NAME CLOTHING ETC.

Our unclaimed clothing bin outside is once again full of clothes etc that have no names on them. We can only return clothes to you if they have your children's name or initials clearly visible.

Have a look through the box and see if anything belongs to your child please.

You can get personalized labels from <https://www.stuckonyou.nz/affiliate/fundraiser/DARFIELDPRESCHOOL>

BOOKINGS

If you are thinking about extra permanent days or hours for your child sometime this year or next, please come and tell us and we can put them on the waiting list as our list has already started growing for this year.

EXTRA HOURS

Occasionally parents are asking for extra hours/days on top of their normal hours. We try and accommodate these but it can be tricky. We are licensed for a maximum number of children in the nursery (12) and preschool (45) and must legally have a certain number of teachers depending on how many children are on the premises. Nursery is 1 adult : 3 children. Preschool is 1 adult : 8 children.

If we are at our maximum, we are unable to add another child for the day. If children are away we can add another but due to the funding we receive you may

not be able to claim free hours and the extra hours will be charged at the normal rate. Occasionally if we have a staff member away, we may not be at our maximums but we try to keep numbers at a certain level to keep our ratios on track.

We try very hard to meet the requests of our parents, however it is not always possible due to the constraints of our license.

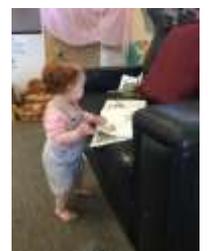
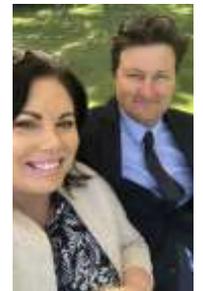
UPDATING YOUR CONTACT DETAILS

Please remember to give us any new phone numbers, email addresses or home addresses if you have changed any of these over the Christmas break so that we can keep our system up to date. We often don't find out people have changed numbers until we need to contact them!! Also, please check that the people you put down as next emergency contact (grandparents, friends etc) still have the same contact details too. Please check with Lou if you're not sure we have the correct details. Thank you.



MEET THE KAIAKO.....

My name is Samm Dalley and I am Lead Teacher of the Preschool where I work Tuesday-Friday. I am originally from Waikari in North Canterbury however have now settled in Darfield with my husband Regan and our three cats; Emmie, Freddie and Frankie. Prior to teaching I was a nanny for 13 years caring for families in Christchurch, Melbourne, London and Dublin. Regan and I spent 6 years living, working and travelling overseas. Upon our return I decided to return to Early Childhood Education and became a teacher. I taught in Rolleston and Christchurch for 8 years before taking a break for 2 years to work on our own business before feeling the urge to teach again. A good friend has her children at DPN and said they needed relievers so after relieving for a while decided I wanted more and I became permanent. It has been nearly two years since I started and I just love teaching at DPN working alongside passionate, caring and kind colleagues who inspire me every day.



Did you know....

Sharing with your child the learning that is documented for them (either online or in their profile book) is a valuable way for you to support their ongoing learning. Acknowledging children's hard work and making connections with the learning that is happening at home helps your child to see themselves as a competent learner.

NEWS FROM THE NURSERY.....

The past month has been packed with exciting learning in the Nursery including lots of independent discovery as well as a real interest amongst our Nursery whānau on learning about relationships. We have noticed all of our children are really interested in each other. They are eager to help, keen to meet and learn about those who have recently joined and always curious about activities that they see happening. Our older children are developing friendships, discovering shared interests and gaining strategies to enable them to work and play alongside their peers. Our younger tamariki are also intent on learning about relationships as they listen, observe and begin to communicate using their body language and verbal cues. Relationships are cornerstone in our curriculum and definitely a current focus that we will be continuing to support.



Our tamariki and kaiako have been super excited over the past couple of weeks to see a friendly rabbit visiting the Nursery. The children's wonder and curiosity is strong as they watch, talk about and try to get close to the rabbit. We are lucky that the rabbit is very obliging letting the children get within a couple of metres. We hope the rabbit will continue to visit so that we may nurture the children's curiosity and investigation skills with a real life experience

Thank you to all those families who have sent through photos from home. These have been thoroughly enjoyed by the children and kaiako. Having these accessible at children's level has enabled the tamariki to initiate sharing them, providing the kaiako an



opportunity to learn more about the activities, people and skills your children already know about. The children are empowered seeing themselves, their family and recognising their friends. Revisiting photos is a wonderful tool for building a sense of belonging, growing children's competence and language, and supporting links between home and the centre.

Noho ora mai /
stay well.

From your Nursery
team Mel,
Chelsey, Janice,
Melissa, Netty,
Pietta and Kate.



DID YOU KNOW?

On Educa you can invite family members, friends and anyone you like to view your child's stories?

They will receive a notification just like you do each time a Kaiako uploads a story to your child's profile.

IT'S BEEN BUSY IN THE PRESCHOOL....

A warm welcome to Cherill who has come on board for Kaiako Abby as she headed off on maternity leave.

Our first few days this month saw tamariki searching for taonga/treasure in their own environments as

Kaiako Leza facilitated a Waitangi Day display. If you haven't seen this, it is still mounted in the classroom. Tamariki have been loving looking at the taonga as well as the photos taken holding them, a wonderful chance for them to revisit their learning.

Caterpillars have been a strong focus with many tamariki observing monarchs laying eggs on the swan plants and noticing the cycle of them turning into caterpillars, creating their chrysalis and finally emerging as monarch butterflies.

A number of science experiments have taken place at mat times and throughout the day which have developed tamariki concepts of cause and effect as well as gaining an understanding of what occurs when certain products mix together.



Each holidays we aim to provide experiences that have emerged from group interests throughout the

term. Significant natural interests have engaged groups of tamariki this month which is leading us to planning experiences for the upcoming school holidays, watch this space!

A transitioning trip to Almond Park took place with Kaiako Mel from the Nursery along with Ethan and Seth and Kaiako Samm from the Preschool along with Aiden, Faith, Georgia and Harry M. Transition trips foster relationships with older and younger tamariki whilst allowing Key Kaiako to spend time with their Key Tamariki too. Keep an eye out for our new Nursery to Preschool Transition Book which will be available to take home soon. It is aimed at providing parents/caregivers and children an opportunity to support them whilst transitioning to the Preschool.

Towards the end of the month many of our whanau and Kaiako participated in the Big Heart Picnic at Darfield Domain. Sack races and three legged races took place ensuring our hearts were pumping to raise money for the Children's Heart Foundation. Thank you to those that came and



supported this important cause.

Transitioning from the Nursery this past month we have welcomed Cate and Alice. This month we look forward to Ethan starting with us.

Many new families have joined us and will be starting soon. Welcome to Josiah, Harry M, Elliot, Isaac H, Anton and Cecilia.

Have a lovely month from your Preschool Team Samm, Jane, Ariana, Barb, Kylie, Kara, Kristina, Alexe, Leza and Cherill

BIRTHDAYS IN MARCH

We would like to wish the following tamariki a very Happy March Birthday.....

Elliott Broughton (3)
Ethan Lensen (2)
Alice Devereux (2)
Lilly Devereux (4)
Shannon Stuart (3)
Mae Harrison (1)
Zara Lee (5)
Grace Grenfell (4)



Good luck at school Zara, we will all miss you.

DATES FOR YOUR DIARY IN 2020



Some important dates for you to remember.

Sheffield A & P Show – Saturday 28th March

School holidays – 14th April – 24th April

Good Friday – Friday 10th April – we are closed

Easter Monday – Monday 13th April – we are closed

ANZAC Day – Monday 27th April – we are closed

Queen's Birthday – Monday 1st June – we are closed

Have a great month / Mā te wā

CLARE AND THE TEAM



Don't forget to like our Darfield Preschool & Nursery Facebook page. This is where we post news, important reminders and even closures due to snow etc. so please go and like the page and keep informed. We will of course still send out newsletters, emails and put important messages on our answer machine if needed.

Website: <http://darfieldpreschool.co.nz/>

Phone: 03 318 8836

Mobile: 027 594 8423 (text only)



RECIPE OF THE MONTH

Fizzy Fun!

- 12 cube ice tray
- 1tsp baking soda per cube
- water
- large tray
- food colouring
- vinegar

Add baking soda to each cube,

Fill each cube with water and Freeze.

Tip frozen cubes into a large tray.

Mix different colours of dye into vinegar.

Using a dropper or teaspoon make droplets of the coloured vinegar onto the ice cubes and watch them fizz!